

ADDICTION OF YOUNGSTERS TO SOCIAL MEDIA

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Annotation: *This article highlights the common problem related to overuse of social meaning among teens and children.*

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In the 21st century it is hard not to be addicted to the phone not only for teens but sometimes this task seems difficult even to adults. Social media is considered as one of the main distractions in a modern world that takes much of our time which cannot be taken back. We often follow somebody's lives on Instagram, Tiktok spending our life which can be replaced with doing something useful. Here are some steps to save your child to get out of "virtual world".

First of all, you have to identify why your child tends to get accustomed to spend much of the time on social media. It may be anything like getting "likes" from people on posts or stories which results in seeking the approval of others by waiting for unnecessary likes. By this, teenagers become dependent on being too much close with virtual world. As a result, it leads to poor relationships in real life as those types of children prefer internet communication more rather than face-to-face. It all makes them unapproachable to people around them. If it isn't treated on time, it would be problematic to change the habit of picking up the phone all the time.

The subsequent point is setting rules which help children or adolescents to restrict themselves from bad habits like excessive use of social media and to form a better day-to-day activities. Limiting can be in any time or any place. For instance, parents ought to put restrictions during family meal or in a bedroom so that they put their phones away.

Apart from that, engaging your child into other activities that they are keen on assists them to forget about screen time and try to enjoy and value the time without a phone. Not only you but also your child will not regret that you together took that kind of a decision. Nowadays, most people go to parks but do not quite enjoy the time there always being busy with taking photos or selfies and posting on social media instead of switching it off and just enjoying their time. Therefore, I would highly recommend to put your phones away when you're on a holiday, at a party with your friends or family

at least once. If you experience it once you will not want to waste your time on screen while you're around your near and dear.

If you want your child to reduce the screen time firstly you have to change yourself, as you are a truly model for them. It is useless to repeat and guide them if you don't see those actions in you as your child is your own reflection. That's why, the very first step starts within you then you will see incredible habit transformation of your child to the good ones.

In conclusion, I would highlight the importance of talking to your child about negative effects of social media overuse instead of punishing or criticising them. If you attempt to change your teens habits by punishment it may have counterproductive effects that may even modify the decent behaviour of a child or teen. Hence, it is essential to be careful and take regular control of how much time your child spends on social media apps every day.

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